

MARYAM MIRSHAHI

Sports Medicine Specialist

Tehran University of Medical Sciences

Contact Information

Department: Sports Medicine Clinic

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Education

2010 – 2014

Course of specialty in “Sports Medicine”

Tehran University of Medical Sciences

1998 – 2005

General Medicine (MD)

Zahedan University of Medical Sciences

Zahedan - Iran

Highlighted Educational/Occupational Qualification

1ST Rank, National Sports Medicine Board Exam, 2014

1ST Rank Sports Medicine Pre-Board Exam, 2014

Top Resident of “Sports Medicine” in TUMS, 2013

Top Medical Student of Zahedan University of Medical Sciences, 2005

Professional Society Membership

2005 – Present Iranian Medical Council Organization

2011 – Present Iranian Association of Sports and Exercise Medicine

Work Experience

Executive Activities

N/A

Editorial Positions

N/A

Clinical Activities

2014 – Present

Sina Hospital

Sports Medicine Specialist

Tehran - Iran

2006 - 2008

Atashdast Hospital

General Practitioner (commitment plan)

Khorasan – Iran

Teaching Service

2006 – 2007

Profess in University of Applied Science and Technology, Nehbandan
Khorasan- Iran

Research Interests

- Foot and Ankle (Podiatry)
- Cardiopulmonary Exercise Test
- Cardiopulmonary Rehabilitation

Research Projects

Ongoing

- 1) Assessment of maximum aerobic capacity and Exercise Stress test results in patients with suspected coronary artery disease
- 2) The effect of custom-made orthoses in subjects with lower back pain and flatfoot

Completed

- 1) Pediatric Flexible Flatfoot; Clinical Aspects and Algorithmic Approach
- 2) Maternal Knowledge and Practice Regarding Childhood Diarrhea and Diet in Zahedan, Iran
- 3) Comparison of plantar pressure distribution between three different shoes and three common movements in futsal

Publications

Articles

✓ English

- 1- Farzin Halabchi, Reza Mazaheri , **Maryam Mirshahi**, Ladan Abbasian .
Pediatric Flexible Flatfoot; Clinical Aspects and Algorithmic Approach. *Iran J
Pediatr* 2013; Vol 23 (No 3), Pp: 247-260
- 2- Manijeh Khalili , **Maryam Mirshahi** , Amin Zarghami , Mohsen Rajabnia ,
Fatemeh Farahmand. Maternal Knowledge and Practice Regarding
Childhood Diarrhea and Diet in Zahedan, Iran. *Health Scope*. 2013

✓ Farsi

N/A

Presentation in National/International Meetings

N/A

Books

Ankle Sprain and Athletes. Tehran Sport Medicine Board Publication,
2014

Awards

- 1st Rank, National Sports Medicine Board Examination, 2014
- Excellence award for Top Resident of “Sports Medicine” in
TUMS, 2013
- Excellence award for Top Medical Student of Zahedan University
of Medical Science, 2005

Competencies

• Language

- Moderate in English

- Computer

- Microsoft office, Internet skills